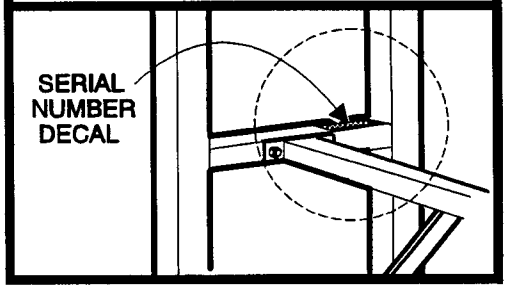
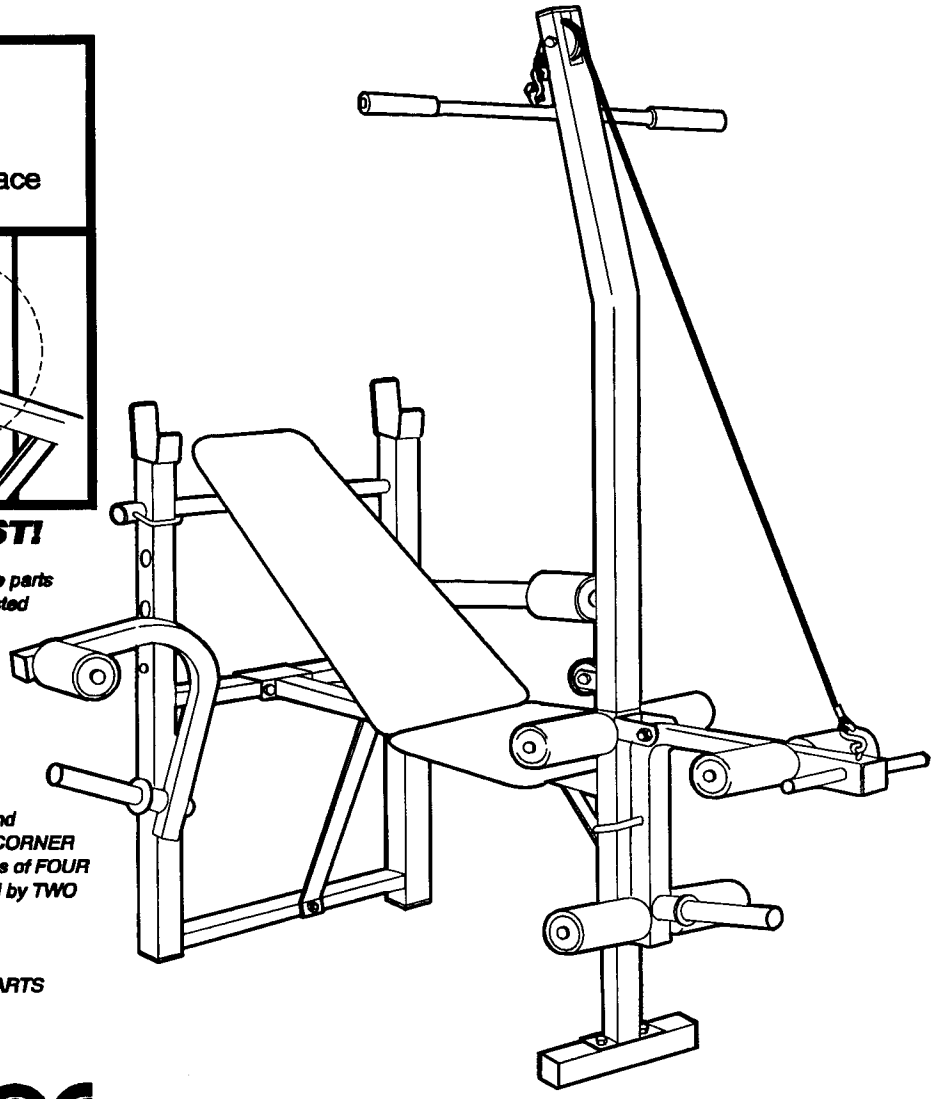
15024

MODEL NO. 15024
SKU NO. 354.15024
SERIAL NO.
Write serial number in the space above for reference.





WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit can be found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS, or a NUMBER preceeded by TWO LETTERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

weider

OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. **AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT.** Call our **"CUSTOMER ASSSISTANCE LINE"** for assistance with parts and information by calling our toll free number **1-800-225-0653, Mon.-Fri., 8am-5pm CST.**

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

Printed in Canada

WEIDER SPORTING GOODS, INC.
21100 Erwin Street, Woodland Hills, CA. 91367 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

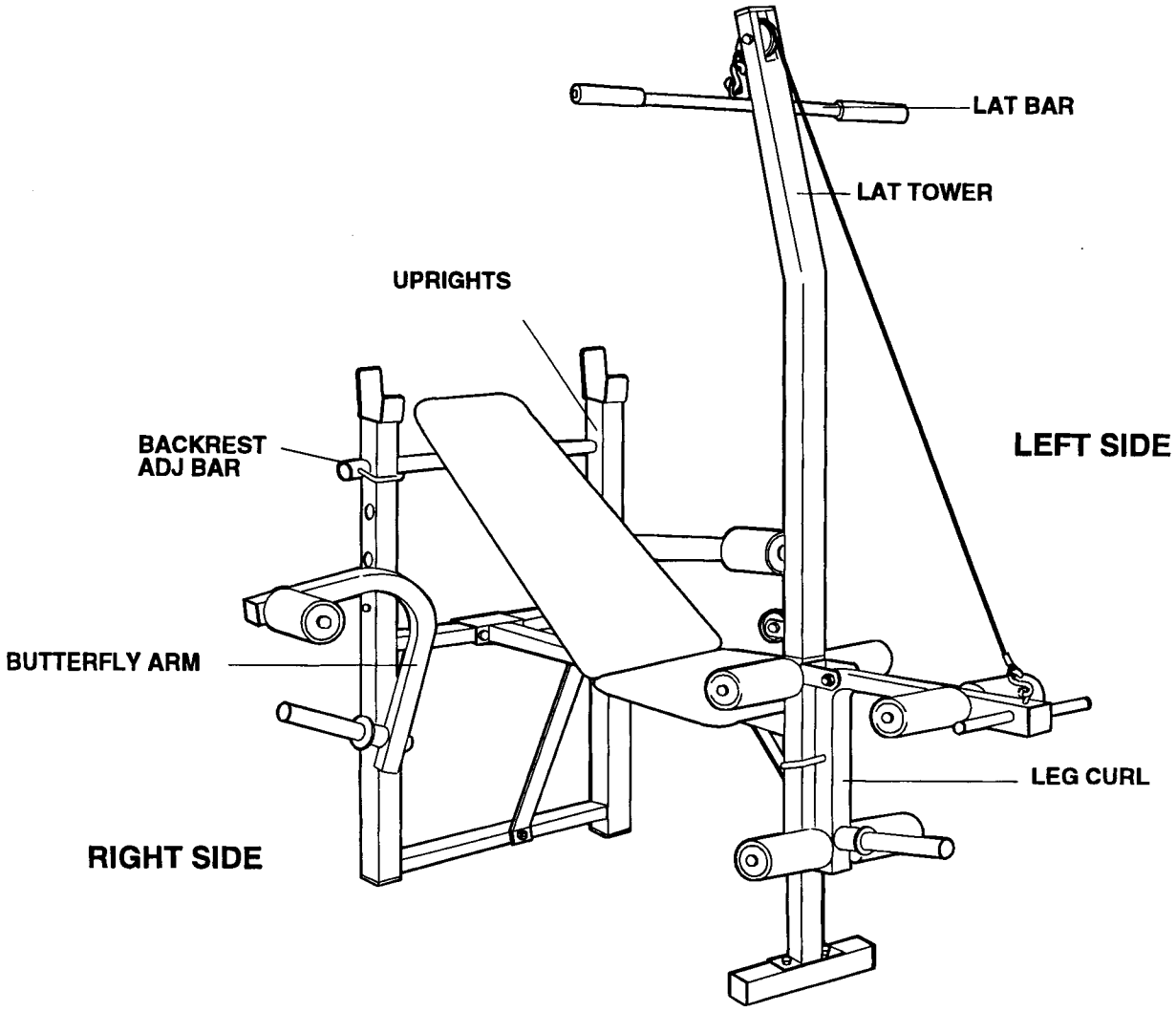
SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for choosing Weider fitness equipment. Your Weight Bench is designed and engineered to give you many hours of weight conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Weight Bench. In addition to assembly instructions it also contains conditioning guides, maintenance tips, and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your weight bench in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.

2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.

3. Painted surfaces can be cleaned with a soft cloth an mild, non-abrasive detergent.

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

a. Name of the product

b. Model number of product (15024)

c. Serial number of the product located on a decal on the frame

(See front cover for location of decal)

d. Ordering number of part (See Parts List page.)

e. Description of the part from the Parts List page

f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Sporting Goods

Parts Service Department

900 West St. John Street

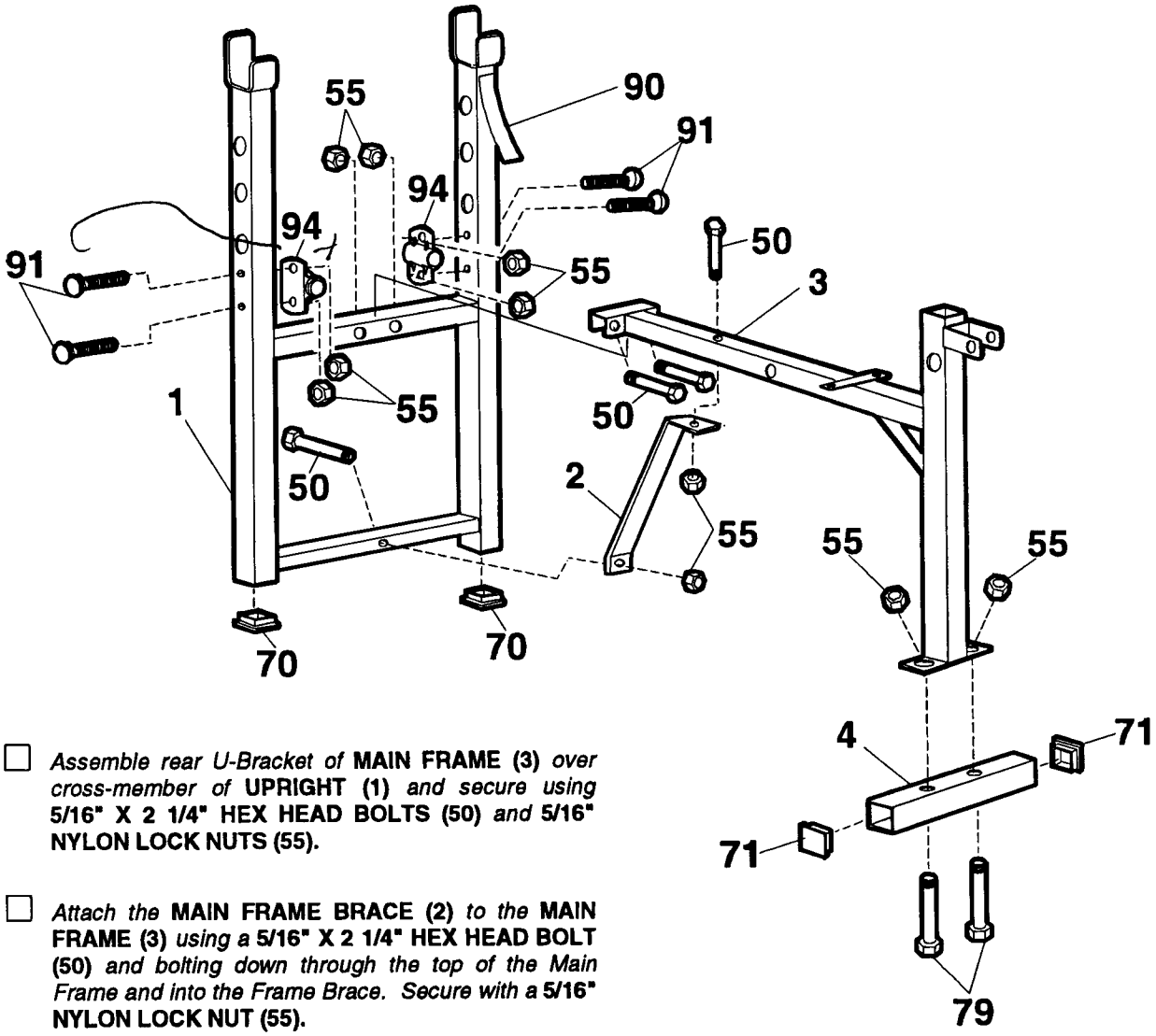
Olney, Illinois 62450

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
50 5/16" X 2 1/4" HEX HEAD BOLT	4
55 5/16" NYLON LOCK NUT	10
70 2" SQUARE PLASTIC CAP	2
71 1 1/2" SQUARE PLASTIC CAP	2
79 5/16" X 1 3/4" HEX HEAD BOLT	2
91 5/16" X 2 1/2" CARRIAGE BOLT	4

☐ *Press* **2" SQUARE PLASTIC CAPS (70)** *into the bottom end of the* **UPRIGHT (1).**

☐ *Look carefully at* **FRONT SUPPORT (4).** *One side of the Front Support has the bolt holes dimpled-in - this is the side of the part that must be faced to the floor. Bolt* **MAIN FRAME (3)** *front bracket to* **FRONT SUPPORT (4)** *using* **5/16" X 1 3/4" HEX HEAD BOLTS (79)** *and* **5/16" NYLON LOCK NUTS (55).** *Press* **1 1/2" SQUARE PLASTIC CAPS (71)** *into each end of* **FRONT SUPPORT (4).**



☐ *Assemble rear U-Bracket of* **MAIN FRAME (3)** *over cross-member of* **UPRIGHT (1)** *and secure using* **5/16" X 2 1/4" HEX HEAD BOLTS (50)** *and* **5/16" NYLON LOCK NUTS (55).**

☐ *Attach the* **MAIN FRAME BRACE (2)** *to the* **MAIN FRAME (3)** *using a* **5/16" X 2 1/4" HEX HEAD BOLT (50)** *and bolting down through the top of the Main Frame and into the Frame Brace. Secure with a* **5/16" NYLON LOCK NUT (55).**

☐ *Assemble the other end of the* **MAIN FRAME BRACE (2)** *to the lower cross member tube on the* **UPRIGHT (1)** *using a* **5/16" X 2 1/4" HEX HEAD BOLT (50)** *to bolt through the back of the Upright and then into the Frame Brace. Secure with a* **5/16"NYLON LOCK NUT (55).**

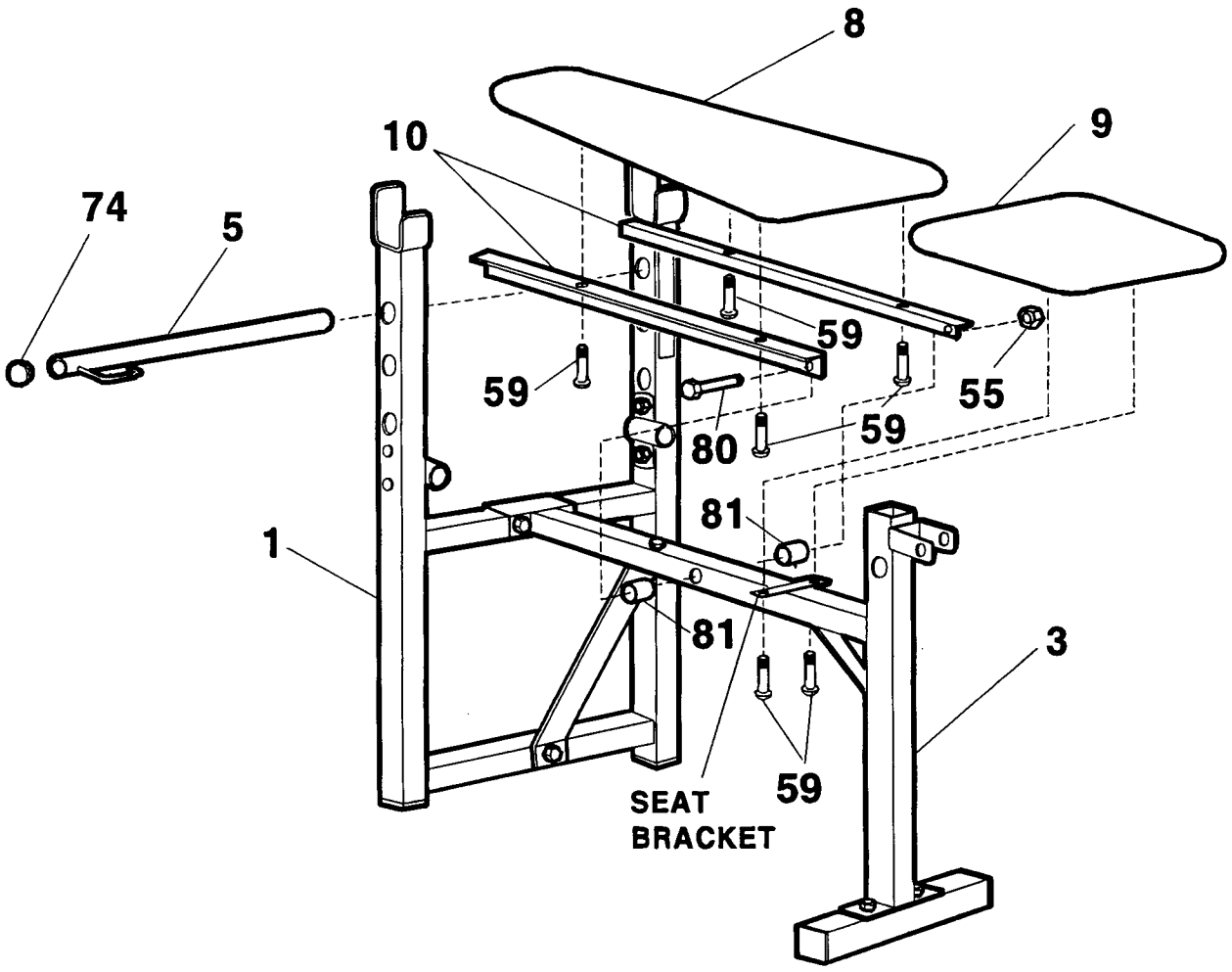
☐ *Attach the* **PLASTIC BUTTERFLY BRACKETS (94)** *to the inside of the* **UPRIGHT (1)** *and directly above the upper cross member tube. Use* **5/16" X 2 1/2" CARRIAGE BOLTS (91)** *to bolt through the outside of the Upright and then through the Bracket. Secure with* **5/16" NYLON LOCK NUTS (55).**

☐ **UPRIGHT DECAL:** *Remove the backing from* **DECAL (90)** *and align on* **UPRIGHT (1)** *below the bar holder bracket.*

STEP 2 BACKREST & SEAT ASSEMBLY

PART NAME	QTY
55 5/16" NYLON LOCK NUT	1
59 1/4" X 3/4" MACHINE SCREW	6
74 3/4" ROUND PLASTIC INSERT CAP	1
80 5/16" X 4" HEX HEAD BOLT	1
81 1/2" X 3/4" METAL SPACER	2

☐ *Press a* **3/4" ROUND PLASTIC INSERT CAP (74)** *into the handle end of the* **BACKREST ADJ BAR (5)** *and position the Bar into one of the hole patterns in the* **UPRIGHT (1).** *The Backrest Adj Bar is used to position the Backrest into three positions for doing various exercises.*



☐ *Turn the* **BACKREST (8)** *over to expose the threaded holes. Position the* **LONG ANGLE IRONS (10)** *so that the flat side faces the inside of the Pad and fasten with* **1/4" X 3/4" MACHINE SCREWS (59). DO NOT COMPLETELY TIGHTEN THESE SCREWS AT THIS TIME!**

☐ *The bottom end of the* **BACKREST (8)** *is the end that the* **LONG ANGLE IRONS (10)** *extend past. This is the end that is assembled to the* **MAIN FRAME (3).**

☐ *Straddle the Long Angle Irons over the bolt hole in the Main Frame where the Backrest is to be assembled. Assemble the* **5/16" X 4" HEX HEAD BOLT (80)** *into the large hole at the very end of one of the* **LONG ANGLE IRONS (10)** *and into one* **1/2" X 3/4" METAL SPACER (81).** *The Hex Head Bolt will then go all the way through the Main Frame. As It comes out of the Main Frame on the other side place another* **1/2" X 3/4" METAL SPACER (81)** *onto the bolt and push the bolt the rest of the way through into the opposite* **LONG ANGLE IRON (10).** *Secure with a* **5/16" NYLON LOCK NUT (55).**

☐ **TIGHTEN ALL THE MACHINE SCREWS ON THE BACK OF THE BACKREST AT THIS TIME.**

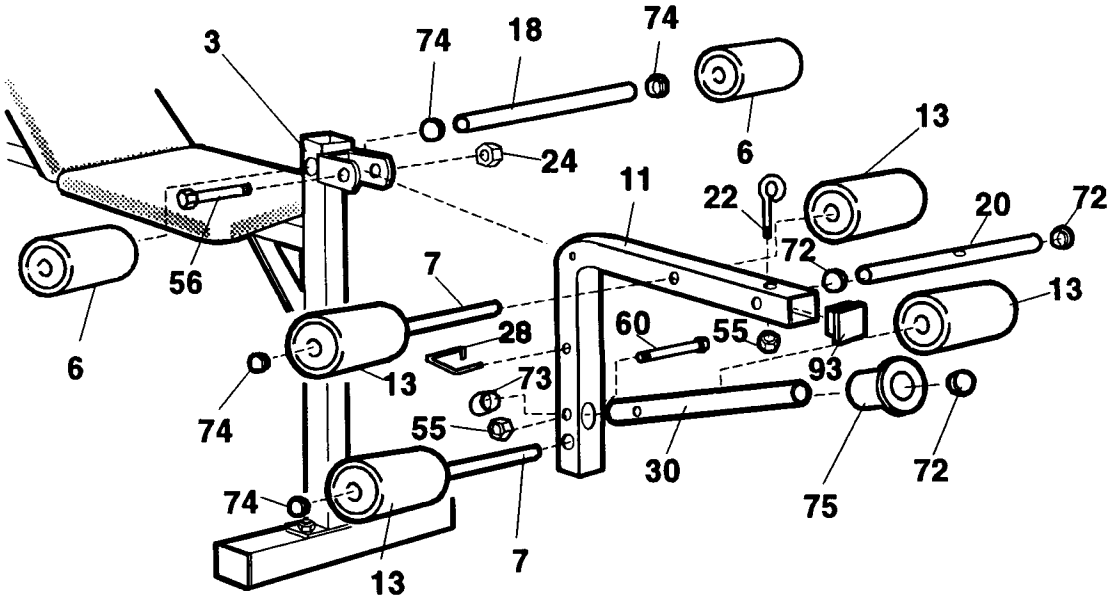
☐ *Align the* **SEAT (9)** *onto the seat bracket on* **MAIN FRAME (3)** *and attach with* **1/4" X 3/4" MACHINE SCREWS (59).**

STEP 3 LEG CURL ASSEMBLY

PART NAME	QTY
22 5/16" EYELET BOLT	1
24 3/8" NYLON LOCK NUT	1
55 5/16" NYLON LOCK NUT	2
56 3/8" X 2 1/2" HEX HEAD BOLT	1
60 5/16" X 2" HEX HEAD BOLT	1
72 1" ROUND PLASTIC INSERT CAP	3
73 1" ROUND PLASTIC COVER CAP W/15° ANGLE	1
74 3/4" ROUND PLASTIC INSERT CAP	6
75 WEIGHT STOP	1
93 1 1/2"(240) SQUARE PLASTIC INSERT CAP	1

☐ *Into each end of the long round* **3/4" X 13 1/2" PAD BAR (18),** *press a* **3/4" ROUND PLASTIC INSERT CAP (74).** *Apply a small amount of liquid dish detergent to the ends of the Pad Bar to act as a lubricant and slide on one* **2" X 6" FOAM PAD (6).** *Assemble the Pad Bar into the large hole in the top of the vertical member of the Main Frame. Apply a small amount of liquid dish detergent to the opposite end and slide on the other* **2" X 6" FOAM PAD (6).**

☐ *The* **WEIGHT PIN (30)** *for the Leg Curl is the round tube 1" in diameter and 13 3/4" long with a bolt hole near one end.*



☐ *Assemble the end of the* **WEIGHT PIN (30)** *with the hole into the angled hole on the front of the* **LEG CURL (11).** *Align the bolt holes. Using a* **5/16" X 2" HEX HEAD BOLT (60),** *bolt through the Leg Curl and then through the Weight Pin. Secure with a* **5/16" NYLON LOCK NUT (55).**

☐ *Press a* **1" ROUND PLASTIC INSERT CAP (72)** *into the front end of the* **WEIGHT PIN (30).**

☐ *Press a* **1" ROUND PLASTIC COVER CAP W/15° ANGLE END (73)** *onto the Weight Pin protruding from the back of the* **LEG CURL (11).**

☐ *Position the Leg Curl between the Leg Curl Brackets on* **MAIN FRAME (3)** *and secure with* **3/8" X 2 1/2" HEX HEAD BOLT (56)** *and* **3/8" NYLON LOCK NUT (24).** *This bolt should be tightened, but be careful not to over tighten or the Leg Curl will bind. Slide a* **WEIGHT STOP (75)** *(flanged side to the outside) over the Weight Pin at the bottom of the Leg Extension.*

☐ *Select the special* **1 1/2" SQUARE PLASTIC CAP (93)** *which has "240" written inside it. Press this Cap into the forward end of the* **LEG CURL (11).**

☐ *Select the* **WEIGHT BAR (20).** *This is a round tube 1" in diameter and 12" long with a hole in the center. Press* **1" ROUND PLASTIC INSERT CAPS (72)** *into the ends of the Bar. Assemble this Bar into the hole at the front end of the* **LEG CURL (11).** *Secure in place by inserting a* **5/16" EYELET BOLT (22)** *down through the top of the Leg Curl and through the Bar. Fasten in place with a* **5/16" NYLON LOCK NUT (55).**

☐ *Next, select the two round* **3/4" X 11 1/2" PAD BARS (7)** *to be assembled to the* **LEG CURL (11).** *Press* **3/4" ROUND PLASTIC INSERT CAPS (74)** *into the ends of each Pad Bar. Apply a small amount of liquid dish detergent to each end of the Pad Bars and slide only one* **2 3/4" X 5" FOAM PAD (13)** *onto one end of each.*

☐ *Assemble each* **PAD BAR (7)** *into the 3/4" holes at the bottom and approximately mid-way on the top of the* **LEG CURL (11).** *Slide on another* **2 3/4" X 5" FOAM PAD (13)** *onto the inserted bar end.*

STEP 4 BUTTERFLY ASSEMBLY

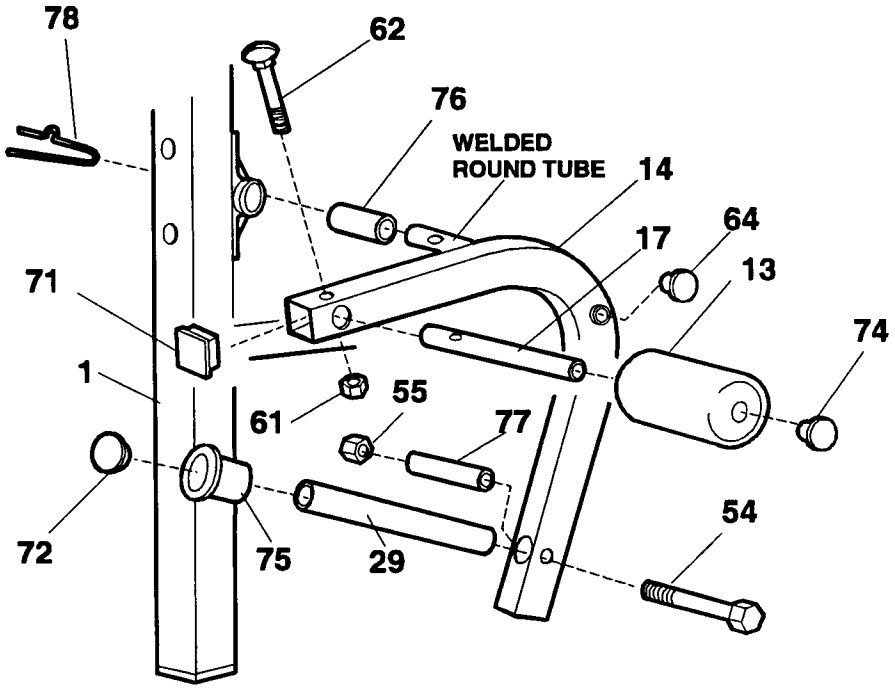
PART NAME	QTY
54 5/16" X 5" HEX HEAD BOLT	2
55 5/16" NYLON LOCK NUT	2
61 1/4" NYLON LOCK NUT	2
62 1/4" X 2" MACHINE SCREW	2
64 7/8" ROUND PLASTIC INSERT CAP	2
71 1 1/2" SQUARE PLASTIC INSERT CAP	2
72 1" ROUND PLASTIC INSERT CAP	2
74 3/4" ROUND PLASTIC INSERT CAP	2
75 WEIGHT STOP	2
76 1" X 2" PLASTIC SLEEVE	2
77 1/2" X 3" PLASTIC SLEEVE	2
78 STOPPER PIN	2

☐ *There are two Butterfly Attachments with this unit: a* **RIGHT BUTTERFLY (14)** *and a* **LEFT BUTTERFLY (15).** *Instructions are given for one and are repeated to assemble the other.*

☐ *Assemble the the end with the hole of the* **3/4" X 9" BUTTERFLY PAD BAR (17)** *into the large hole in the side and at one end of the Butterfly Frame. (Assemble this into the side of the Frame which does not have the welded round tube.) Aligning bolt holes, bolt using a* **1/4" X 2" MACHINE SCREW (62)** *through the Butterfly Frame and then through the Butterfly Pad Bar. Secure with a* **1/4" NYLON LOCK NUT (61).**

☐ *Press a* **3/4" ROUND PLASTIC CAP (74)** *into the end of* **BUTTERFLY PAD BAR (17).** *Slide* **LARGE FOAM PAD 2 3/4" X 5" (13)** *onto the end of* **BUTTERFLY PAD BAR (17).** *Again a small amount of liquid dish detergent will help with this assembly.*

☐ *At the other end of the Butterfly Frame, there is a large hole on the inside of the Frame. Assemble the end with the hole of the* **BUTTERFLY WEIGHT PIN 1" X 11" (29)** *into the large hole on the inside of the Frame. Using a* **5/16" X 5" HEX HEAD BOLT (54),** *bolt through the Butterfly Frame and then through the Weight Pin. Assemble a* **1/2" X 3" PLASTIC SLEEVE (77)** *onto the bolt end and secure with a* **5/16" NYLON LOCK NUT (55).**



☐ *Press a* **1" ROUND PLASTIC CAP (72)** *into the end of the Weight Pin. Slide* **WEIGHT STOP (75)** *over the Weight Pin until it is against the Butterfly Frame.*

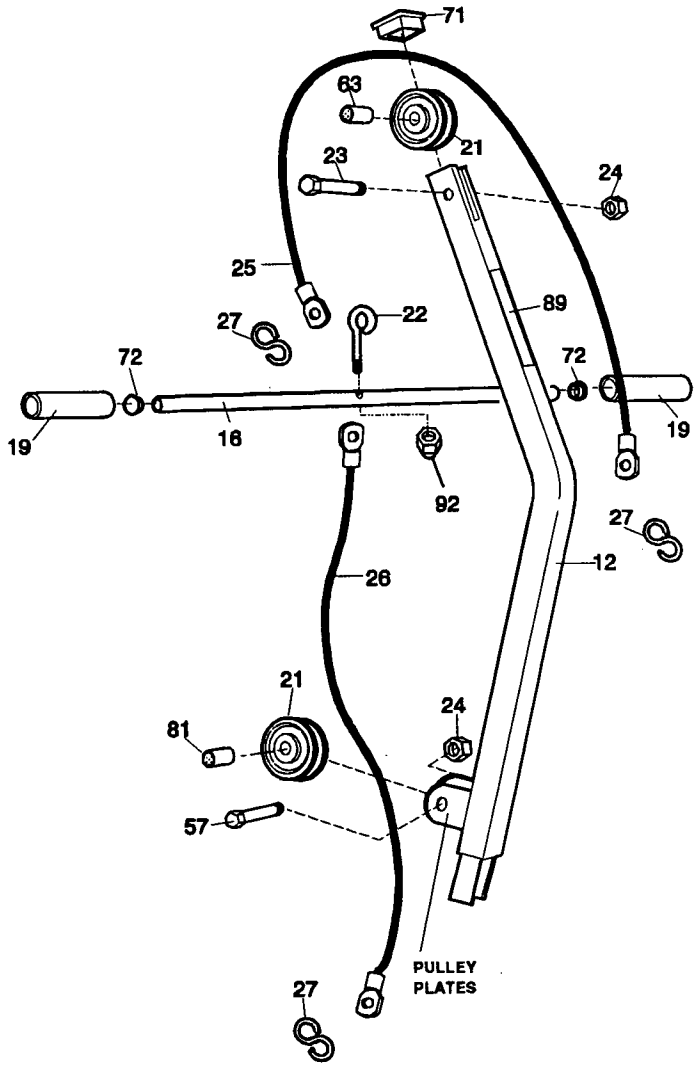
☐ *Assemble* **1" X 2" PLASTIC SLEEVE (76)** *over welded round tube on the Butterfly Frame.*

☐ *Slide the entire assembly into one of the* **PLASTIC BUTTERFLY BRACKETS (94)** *on the* **UPRIGHT (1).** *Insert* **STOPPER PIN (78)** *into the center of assembly (rounded end first), making sure the side of the Stopper Pin that has a raised section is aligned with the hole in the welded Butterfly Tube. Push* **STOPPER PIN (78)** *into welded Butterfly Tube until it clicks into place as the raised section exits the hole.*

☐ *Press a* **1 1/2" SQUARE PLASTIC CAP (71)** *into the top end of Butterfly Frame. Press a* **7/8" ROUND PLASTIC INSERT CAP (64)** *into the opening opposite the welded round tube on the Butterfly Frame.*

STEP 5 MAST ASSEMBLY

PART NAME	QTY
21 PULLEY	2
22 5/16" EYELET BOLT	1
23 3/8" X 2" HEX HEAD BOLT	1
24 3/8" NYLON LOCK NUT	2
27 S-HOOK	3
57 3/8" X 1 1/2" HEX HEAD BOLT	1
63 1/2" X 1 3/8" METAL SPACER	1
71 1 1/2" SQUARE PLASTIC INSERT CAP	1
72 1" ROUND PLASTIC INSERT CAP	2
81 1/2" X 3/4" METAL SPACER	1
92 5/16" ACORN NUT	1



☐ *Assemble a* **1/2" X 1 3/8" METAL SPACER (63)** *into a* **PULLEY (21).** *Insert the Pulley into the top of the* **MAST (12)** *and using a* **3/8" X 2" HEX HEAD BOLT (23),** *bolt in place by bolting through the top of the Mast and then through the Pulley. Secure with a* **3/8" NYLON LOCK NUT (24).**

☐ *Drape the* **58" CABLE (25)** *over the* **PULLEY (21)** *and cap the* **MAST (12)** *with a* **1 1/2" SQUARE PLASTIC INSERT CAP (71).**

☐ *Assemble a* **1/2" X 3/4" METAL SPACER (81)** *into another* **PULLEY (21).** *Drape the* **48" CABLE (26)** *over the Pulley and assemble the Pulley into the Pulley Plates at the bottom of the* **MAST (12)** *trapping the Cable behind the Pulley. Secure in place using a* **3/8" X 1 1/2" HEX HEAD BOLT (57)** *and bolting through the Plates and into the Pulley. Secure with a* **3/8" NYLON LOCK NUT (24).**

☐ *Press* **1" ROUND PLASTIC INSERT CAPS (72)** *into each end of the* **LAT BAR (16).** *Apply a small amount of liquid dish detergent to each end of the Lat Bar and assemble the* **FOAM GRIPS (19)** *onto each end of the Lat Bar.*

☐ *Assemble the* **5/16" EYELET BOLT (22)** *into the center hole of the* **LAT BAR (16).** *Secure with a* **5/16" ACORN NUT (92).**

☐ *Insert* **S-HOOKS (27)** *through the Cable eyelet on both ends of the upper* **58" CABLE (25)** *and through the lower end of the lower* **48" CABLE (26).**

☐ *Remove the* **MAST DECAL (89)** *from the backing sheet and apply to the top and front of the* **MAST (12).**

USING MAST ASSEMBLY

STEP 1 ROWING AND CURLS

* *Insert the* **MAST (12)** *assembly into the* **MAIN FRAME (3).** *Connect the* **S-HOOK (27)** *on the top of the* **58" CABLE (25)** *to the* **5/16" EYELET BOLT (22)** *on the top of the* **LEG CURL (11).** *Connect the* **S-HOOK (27)** *on the other end of the top* **58" CABLE (25)** *to the eyelet loop of the lower* **48" CABLE (26).** *Connect the lower end of the* **48" CABLE (26)** *with the* **S-HOOK (27)** *to the* **LAT BAR (16).** *With this configuration, rowing and curl exercises may be performed. Free weights can be loaded on either or both the* **WEIGHT PIN (30)** *or the* **WEIGHT BAR (20).**

STEP 2 LAT PULL DOWNS

* *To do Lat work; either sitting or standing, connect the* **LAT BAR (16)** *directly to the* **S-HOOK (27)** *end of the top* **58" CABLE (25).** *Load weight on either of the* **Leg Curl PAD BARS (7),** *the* **WEIGHT PIN (30),** *or the* **WEIGHT BAR (20).**

LIMITED WARRANTY

Weider Sporting Goods, Inc., a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of **ONE YEAR** from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of **FIVE YEARS** from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.